

Nutrition Facts

1 serving per container

Serving size

(180g)

Amount Per Serving

Calories

280

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 1010mg **44%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Includes 3g Added Sugars **6%**

Protein 26g

Vitamin D 0.5mcg 2%

Calcium 50mg 4%

Iron 3.3mg 20%

Potassium 550mg 10%

Vitamin A 40mcg 4%

Vitamin C 7mg 8%

Vitamin E 0.5mg 4%

Thiamin 0.1mg 10%

Riboflavin 0.3mg 25%

Vitamin B6 0.6mg 30%

Vitamin B12 2.4mcg 100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BEEF, ONION, EGG, SOY SAUCE, MIRIN, FLOUR, SUGAR, VEGETABLE OIL, SAKE SEASONING, PANKO CRUMBS, SALT, CHICKEN STOCK, PEPPER

BENTON

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